

HEALTHY FOODS AND
HELPFUL ADVICE
FOR YOUR CHILDREN.



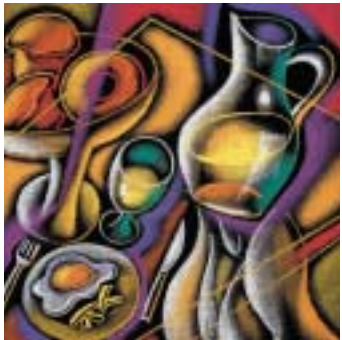
THAT'S WHAT WIC
IS ALL ABOUT.

GIVE LITTLE ONES A GREAT START ON LIFE. HERE'S HOW WIC HELPS.

Good nutrition is especially important for growing children. They must eat the right foods to get all the good things their little bodies need.

IT STARTS WITH
THE FIRST BITE.

WIC nutritionists are here to teach you how to feed your child from the moment you introduce solid



foods. With healthy foods and eating habits, your child will develop strong bones, teeth and muscle and have the energy to play.

GOOD NUTRITION INCLUDES MORE THAN
JUST BREAKFAST, LUNCH AND DINNER.

It includes every snack or drink you give your child and how often you offer treats. Children

learn as much from watching you as they do from what you tell them.

Because WIC teaches you about the effects of foods on health, you'll



learn to improve your own eating habits and those of your family. In doing what's best for yourself, you do what's best for your child.

Children can be eligible for WIC until age 5. You should ask about WIC for every child under age 5 in your household. If they qualify, you will receive valuable nutritional advice and these delicious foods monthly — all at no cost.



- milk
- juice
- eggs
- cheese
- peanut butter, beans or peas
- iron-fortified cereals

WIC has been around more than 25 years. It's been shown to reduce anemia, tooth decay and trips to the doctor. It even helps a child's ability to learn. We see the difference WIC makes. So, don't wait to see if your child is eligible.

VALUABLE NUTRITION EDUCATION FOR BETTER HEALTH, PLUS GOOD FOODS FOR GROWING CHILDREN — ALL AT NO COST.

- WIC is a supplemental nutrition program for Women, Infants and Children who have a need based on income and nutritional risk. WIC helps many working families as well as those who receive other kinds of assistance.
- To find out if your household meets the income guidelines, call your local Health Department. Tell the clerk your total household income and number of people living in your house. If you appear eligible, you will be given an appointment for a visit to check your child's height, weight and iron. You'll also be advised what to bring with you to prove your residency and income.
- It's very important to make the call, set the appointment and keep your appointment if you feel your child or children are eligible. Every day counts for growing children.

GET WIC - IT'S WORTH IT!

Have a friend or family member who needs WIC?
Please pass along this brochure.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

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